THE BETWEEN SESSIONS JOURNAL

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APPLY YOUR INSIGHT
TO CREATE LASTING CHANGE



Created by Lawrence E. Shapiro, Ph.D. Design by Mike Canavan

Published by: Between Sessions Resources Suite 467 1825 Ponce De Leon Blvd Coral Gables, Florida 33134

ISBN: 978-1-947009-17-2 © 2021 All Rights Reserved

INTRODUCTION

Therapy, counseling, or coaching can make a profound difference in your life. When you are in a session, you can feel the safety of having a trusting relationship with a professional that is different than any other relationship in your life. You can talk about feelings or thoughts that you never shared before. You can gain insight into your behavior and your choices and find a new direction for your life.

Reflecting on your therapy sessions can give you additional insight into yourself and the past, present, and future. And that's how you can use this journal. Within 24 hours of every session, fill out the 2-page session review, thinking about what you said, what you felt, what you learned, and even the things you forgot to say.

The next two pages will give you an opportunity to explore your thoughts and feelings in ways which may not have been covered in your session. There is a great deal of research that shows this type of journaling can be extremely effective in working toward your goals.

You'll also notice there is a place to rate the progress you are making each day, and a place to rate your daily mood.

We hope this journal helps you in your journey to selfgrowth, allowing you to live a happy and meaningful life.

Sincerely,

Lawrence E. Shapiro, Ph.D.
President, Between Sessions Resources

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My homework assignment(s):

(fill in anytime)

"If you don't like something, change it. If you can't change it, change your attitude."

What is something you would like to change in your life?

- Maya Angelou, Poet

Can you do something this week to start taking steps toward making that change or changing your attitude around it?
Rate Your Daily Progress in Dealing With Your Life: 1 = No progress, and 10 = Amazing progress
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"Once you make a decision, the universe conspires to make it happen." — Ralph Waldo Emerson, Poet					
Can you think of a past decision you made that you felt good about? What helped you make that decision?					
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"The curious paradox is that when I accept myself just as I am, then I can change."

What is something positive about yourself that you find

- Carl R. Rogers, Psychologist

hard to accept? What is something negative you find hard to accept?
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"There is only one corner of the universe you can be certain of improving, and that's your own self." — Aldus Huxley, Philosopher

	e something about yourself you are proud of. is something you feel still needs improvement?
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"Failing is a crucial part of success. Every time you fail and get back up, you practice perseverance, which is the key to life. Your strength comes in your ability to recover."

 Michelle Obama, Former First Lady of the United States

Name a time when you were able to recover from a

perceived failure and stuck to a goal despite any setbacks Is there an area you feel you are failing in now?
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"The space in which we live should be for the person we are becoming now, not for the person we were in the past."

Look around your home. Does your home represent who

- Marie Kondo, Author and TV Host

you are becoming now? If not, what changes could you make so your space looks and feels more like who you are becoming?
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"The power you have is to be the best version of yourself you can be, so you can create a better world." — Ashley Rickards, Actress

Describe the vision of your ideal self. How would that

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"My friendcare for your psycheknow thyself, for once we know ourselves, we may learn how to care for ourselves." — Socrates, Philosopher
If you asked your closest friend to describe you, what is the first thing he or she would say?
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"Even when it seems that there is no one else, always remember there's one person who never ceased to love you – yourself."

- Sanhita Barua, Author

What do you do to practice self-love and self-care? How often do you practice doing things to care for yourself
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"You create opportunities by performing, not complaining."

 Muriel Siebert, Businesswoman, First Woman to Have a Seat on the NY Stock Exchange

What is something you find yourself complaining about often? Knowing how harmful complaining is TO YOU

what could be a different perspective or mindset about this complaint, where you can see a growth opportunity for yourself?
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"Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are." - Bernice Johnson Reagon, Songwriter and Activist Write about a past challenge you overcame. Describe how it helped you discover more about yourself and what you are capable of. Rate Your Daily Progress in Dealing With Your Life: 1 = No progress, and 10 = Amazing progress M T W _TH ___ FRI ___ SA ___ SUN _

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"Worry a little bit every day and in a lifetime, you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything."

What is something you think you worry about "too much?"

- Mary Hemingway, Journalist

Do you th some wa		s worrying	g may be a	affecting y	your life in
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"Progress is impossible without change, and those who cannot change their minds cannot change anything."

What is something you have struggled to change? Once

- George Bernard Shaw, Playwright

you have finished journaling, reread your notes and notice if you have a fixed mindset around this challenge. Write
about what you discovered.
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"Stay committed and consistent and you will a	chieve
your goals. Never give up."	

— Kelly Rowland, Singer and Television Personality
Are you taking consistent steps toward your goals? If so,

write about how you are progressing. If not, what do you think is stopping you?
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"Follow your bliss." — Joseph Campbell, Professor and Author
Write about something you love to do. How often do you give yourself time to do it?
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What does "becoming better" mean to you? What are some positive actions you can take today to better

"When we strive to become better than we are, everything around us becomes better, too."

— Paulo Coelho, Author

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"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

Albert Einstein, Nobel Prize Winning Physicist
 How often do you play with your imagination? Using

your imagination, write down the very best life you envision for yourself.
envision for yoursen.
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(fill in anytime)

"Forget about the fast lane. If you really want to fly, just harness your power to your passion." — Oprah Winfrey, Television Personality
Write about something you are passionate about. How much time and energy do you spend on it each day?
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"Practice creates confidence. Confidence empowers you."

What is an area you feel you lack confidence? What can

 Simone Biles, Olympic and World Champion Gymnast

you do to practice your skills in that area?
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"Courage is resistance to fear, mastery of fear – not absence of fear." — Mark Twain, Writer, Humorist, and Entrepreneur
Write about something you're fearful of. Next, think of resources that can help you with that fear. Write down your thoughts.
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"Daring ideas are like chessmen moved forward. They may be beaten, but they may start a winning game."

— Johann Wolfgang Von Goethe, Poet

Write down any daring idea you have. If you don't have any

just yet, be playful and think about an invention that would be great to have created.
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"A ship is what it is — <i>Albert l</i>	built for.	"			
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"I have realized; it is during the times I am far outside
my element that I experience myself the most. That I
see and feel who I really am, the most!"

Write about a time you found yourself out of your comfort

- C. JoyBell C., Author

zone. What did you experience? How did you feel once the event was over?
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"No one can make you feel inferior without your consent."

Is there an area or a person you feel inferior around?

- Eleanor Roosevelt, Former First Lady

How might you be giving your consent to those though	ts?
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"It's easy to stand in the crowd but it takes courage to stand alone."

 Mahatma Gandhi, Lawyer, Social Activist, and Leader of a Political Movement

Can you think of a time when you shared a different

opinion about something than others? What did you do or say? How did you feel?
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"A lot of people are afraid to say what they want. That's why they don't get what they want."

What is one area where you are afraid to speak up for

- Madonna, Singer, Songwriter, and Actress

what you want? If you could speak up boldly for yourself, what would you say? What might be a resource to help
you with this?
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My homework assignment(s):			

(fill in anytime)

"I am lucky that whatever fear I have inside me, my desire to win is always stronger"

Write about a time when you conquered your fear. How

- Serena Williams, Professional Tennis Player

did you feel before you took action? How did you feel after the event was over?
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"We have to be honest about what we want and take risks rather than lie to ourselves and make excuses to stay in our comfort zone."

 Roy Bennett, Attorney, CPA, and Former Chairman of the Ohio Republican Party

Think about what YOU truly want for yourself and your life.

Write this down in detail. Is it different from what others want for you?
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"You can have many great ideas in your head, but what makes the difference is the action. Without action upon an idea, there will be no manifestation, no results, and no reward"

- Don Miguel Ruiz, Spiritual Teacher and Author

Write down at least three current goals. Next, write down

the small action steps you are currently doing (or could start doing) to move toward achieving each goal.					
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"We can't be afraid of change. You may feel very
secure in the pond that you are in, but if you never
venture out of it, you will never know that there is
such a thing as an ocean, a sea."

Have you ever made a big, bold, life changing decision?

- C. JoyBell C., Author

Write about it. If not, has there been a bold decision you've dreamed of making? Take some time to describe that.
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"You cannot have a meaningful life without selfreflection."

 Oprah Winfrey, Television Personality and Entrepreneur

What does a meaningful life mean to you? Do you

believe you are living a meaningful life?

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"As you move outside of your comfort zone, what was once the unknown and frightening becomes your new normal."

Pick one of your future goals. Now close your eyes and

- Robin S. Sharma, Author

imagine yourself having achieved it. Try to get into the state of being as best you can, where this goal is your new normal. What would you feel like now that you finally conquered this? Write about this experience.
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Think about an important lesson you learned and grew

"Pain doesn't last. And when it's gone, we have something to show for it: Growth."

- Kamal Ravikant, Author

from out of a painful experience. How did that help shape who you are now?
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"Develop success from failures. Discouragement and failure are two of the surest steppingstones to success."

 Dale Carnegie, Author and Self-Development Trainer

Write about an area in your life where you believe you

are failing. Success comes from failing. Begin to imagine and write about how success can come out of this
experience.
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"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Helen Keller, Author and Educator Would you describe yourself as an optimist? How would your life be different if you were more optimistic? Rate Your Daily Progress in Dealing With Your Life: 1 = No progress, and 10 = Amazing progress M T W TH FRI SA SUN

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"To get up each morning with the resolve to be happy is to set our own conditions to the events of each day. To do this is to condition circumstances instead of being conditioned by them."

How do you feel most mornings when you wake up?

- Ralph Waldo Emerson, Poet

How do you think your life would change if each day you decided to accept your life exactly as it is now, and chose to be happy throughout the day, regardless of others' actions?
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"On a deeper level you are already complete. When you realize that, there is a playful, joyous energy behind what you do."

Close your eyes and sit with the thought, "On a deeper

- Eckhart Tolle, Spiritual Teacher and Author

level, I am already complete," while taking several deep breaths. After about a minute, open your eyes and write your thoughts on already being complete, just as you are right now.
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"We tend to forget that happiness doesn't come as a result of getting something we don't have, but father of recognizing and appreciating what we do have."

Write down ten things you are grateful for in your life. Start

- Frederick Keonig, Inventor

down why you're thankful for it. For example, "I am so
thankful for my bed because I have a comfortable place to rest every night."
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"I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn its back on life."

- Elenor Roosevelt, Former First Lady of the United States

What is an area you are curious about or would like to

do to help stir your curiosity?
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"If you are not willing to risk the unusual, you will have to settle for the ordinary."

 Jim Rohn, Entrepreneur, Author, and Motivational Speaker

What is an area in your life where you feel you are settling

for less than you are capable of? What are the risks involved with changing? What will happen if you choose not to change? What will happen if you choose to change
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"People want you to be happy. Don't keep serving them your pain!"

Remember, there are people in the world who would

- Rumi, 13th Century Poet

to write about all the blessings and great things that are					
present in your life.					
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"Decide whether or not the goal is worth the risks involved. If it is, stop worrying."

Write down a goal you've been considering. Next, write

- Amelia Earhart, Aviation Pioneer and Author

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"I've found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often."

Name an area where you wish you had better luck.

—	Brian	Tracy,	Motivational	Speaker
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What actions can you take to help improve that area?
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Write about something you really want to do or be. What

"Great people do things before they're ready." — Amy Poehler, Actress and Comedian

How d	o you think you would feel once you took that step
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